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Food and Home Notes

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What is blue-vein mold ripened cheese? It's natural cheese cured by the use of a characteristic mold culture that grows throughout the interior of the cheese to produce the familiar appearance and flavor.

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If you're cooking a chuck blade of beef remember it comes from the less tender portions of the beef carcass — even in the higher grades it should be cooked with moist heat.

* * *

"Mellow" cheese — what does that mean? Mellow is a degree of curing (or ripening) for cheese and it usually refers to cheddar cheese. Cured means held at a specific temperature and humidity. And the curing time is longer for "mellow" than it is for mild but not as long as for sharp. Cheddar cheese may be labeled "mild, medium, mellow, aged — or sharp".

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THE GOLDEN YEARS

— "KEENAGERS"

If you're over 55 years of age and live in Kansas, you qualify as a "keenager". You're also eligible to receive a newsletter called the "Keenager Special" which was designed for the elderly by County Extension Home Economists.

The newsletter, reproduced from a master copy prepared in the area office, is printed in large letters with wide spacing to improve the readability. The master copy is then distributed to county home economists who mail it out.

Items on happenings of special interest to the elderly, hobby-type information, nutritional hints and calendars of events directed towards their interest are listed. Copies of the newsletter are sent to Doctors and Dentists offices, nursing homes, Sr. Citizens apartments and also to libraries. The newsletter has had wide acceptance...and the mailing list continues to grow.

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REMEMBER WHEN ?



...FAMILY MEALTIMES, U.S.A.
(MINNESOTA)
(USDA: FOOD AND HOME NOTES
SERIES)

CEN - 84

...GIRL'S CANNING CLUB
(INDIANA 1925)



CEN - 156

Bicentennial Photos available to the PRESS ONLY direct from photography
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20250.



food then and now



TO THE MARKET PLACE — TRY SHARING

Cooperative efforts — a real sharing concept — may be one of the answers to the battle of reducing the family food bill, according to Dr. Evelyn Johnson, Extension Service nutritionist with the U.S. Department of Agriculture. The idea is for consumers to "pool" all their efforts to save time, labor, and money in the market place. This is not a new concept — it's just a method of reducing the problems by putting them in a new vehicle called "pooling".

"Pooling" to the market place is not unlike the idea of car pooling to the office...it's sharing a vehicle to get where you need to go with a minimum of time, labor and money. Pooling to the grocery store allows an inter-change of ideas along the way to benefit consumers. It's not unlike the habits of our forefathers who frequently hauled food stuffs and dry goods together — or for each other when they went to the "general store" in town. They had to plan ahead because they didn't have the array of modern appliances and conveniences we have today.

"Pooling" to the grocery store will give you a chance to share ideas for nutritious menus and "good buys". You can swap those money-saving coupons you've clipped — and maybe wouldn't use. Remember, there's no bargain in purchasing something with "cents off" if you're not going to use it, Dr. Johnson warns. But — maybe your coupons can be used by your neighbors. Tired of the same old menus? Your neighbors may have old family recipes to exchange with you according to Dr. Johnson.

TO THE MARKET PLACE (CON'T)

Do you do a lot of impulse buying? Maybe with your neighbor you can curb this habit — you might want to buy in "family lots" and share a carton-saving price on some items... maybe (when practical) even buy "by the dozens". Perhaps the lettuce is three for a dollar this week...you don't need three?...but, your "pool members" might each need one and want to share in the bargain. If paper products are a good buy — get a case. It's easy to split the cost.

Bicentennial days remind us of the togetherness home-makers enjoyed when they prepared foods for their socials. It was a time for eating — and getting together. Times really haven't changed that much — though some of us have forgotten the concept. Maybe we're missing something. With cooperative efforts, we may bring back togetherness and recoup some of our spending in time, labor and money in the nearest market place.



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